



HERITAGE

Happy New Year 2016!

The Lowell Senior Center staff and volunteers wish you a safe, healthy and fun-filled new year.

We have plenty of programs for your enjoyment. Why not try a whack at Ping Pong! This new activity is held on Thursday's at 10 am in the 2nd floor classroom. We have a great volunteer team that can teach you. You are welcome whether you're a beginner or professional Ping Pong Player!

Also, please don't forget we have a Friday social on the 1st, 2nd and 3rd Friday of every month at 1pm. For \$1.00 admission you can enjoy a hot dog, pizza or burger and dancing from 1-3pm.

The Lowell Senior Center would like to send a special "thank you" to the Lowell Firefighters union for sponsoring two Friday socials in December and for their kind donation of Market Basket Gift Certificates for senior door prizes. Thank you!!

The City of Lowell has a 2016 Lowell Calendar on sale for \$14.99. The calendar includes 13 months, 26 photo's of Lowell landmarks, special event dates printed in red, and sidebars of Lowell trivia. They are available for \$14.99 by calling 978-682-0806, or e-mail petertsaklis@hotmail.com.

Inside

- 2 Contacts
- 3 Day & Overnight Trips
- 6 Doctor's, Nurse's & More!
- 10 Calendar Events
- 12 Lunch Menu
- 14 Puzzles and more

The Lowell Senior Center would like to thank the following individuals and organizations for their kindness, donations and time spent on site volunteering:

Community Teamwork's Youth-build for serving at the Veterans breakfast and Dinner Dances.

Thank you for all the kind donation of holiday dessert, door prizes, gifts for seniors; from Northwood, Bayberry of Emerald Court, VFW Ladies Auxiliary Post #662, Connie and Joseph Dussault & a huge Thank you to Donna Honeywell, and the Lowell Wish Project, for all the beautiful senior gift bags! Another special thank you to Santa (aka Tiny Tynan) for visiting us during the holiday parties!

The seniors and the staff at Lowell Senior Center enjoyed the beautiful entertainment provided by the young talented singers who came singing carols for us: Hellenic American School, Stoklosa, & the Bartlett School chorus.

Thank you our new Volunteer Coordinator, Eileen Golden and our talented decorator Carol Lannan for all their help in making the holiday season and celebrations so special.

Enjoy your self, and have a very Happy, Healthy, Prosperous New Year! May all your wished come true in 2016!

*Michelle Ramalho
& COA Staff*

CITY MANAGER

Kevin J. Murphy

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**City Council****Mayor Edward J Kennedy****Jr.****Vice Mayor-Daniel P Rourke**

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Corey A. Belanger

Rodney M. Elliott

John J. Leahy

James Leary

Rita M. Mercier

James L. Milinazzo

William J. Samaras

**City of Lowell  
Veterans Services****Director / Agent**Eric Lamarche  
978-674-1595

ELamarche@lowellma.gov

**Head Clerk**Carmen Felix  
978-674-1596

CFelix@lowellma.gov

**Head Clerk**Nancy McGuire  
978-674-1597

NMcGuire@lowellma.gov

**Office Hours:****8:00 A.M. - 4:00 PM.****Monday - Friday**2nd Floor of the Senior  
Center in the administrative  
office area**SENIOR CENTER SERVICES****Main Number: 978-674-1172**

Fax: 978-970-4134

**Executive Director:** Michelle Ramalho  
978-674-1170 ~ mramalho@lowellma.gov

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Receptionist: Tara Donnelly
978-674-1171 ~ tdonnelly@lowellma.gov

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**Civic Events:** tba  
**Volunteer Carol Lannan**  
978-674-1169 ~ CLannan@lowellma.gov**Volunteers:** Sandra Breen 978-674-1176 ~  
sbreen@lowellma.gov 978-674-1169

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Outreach Caseworker: Amy Medina Leal
978-674-1167 ~ aleal@lowellma.gov

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**Volunteer Coordinator:** Eileen Golden  
978-674-1173 ~ egolden@lowellma.com  
Monday, Tues. & Thurs. 8 am to 1 pm

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Outreach Volunteers:

John R. Lawlor ~ 978-674-1174 ~ jlawlor@lowellma.gov

Monday-Friday ~ Appt. Hrs. 10 am - 3:40 pm

Carol Violette ~ 978-674-1168 ~ cviolette@lowellma.gov

Tuesday—Friday 10 am—2 pm ~ PICTURE IDs

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**Kitchen Staff—978-970-4132**

Virginia Valdez &amp; Karl Correa ~ weekdays

Chuck Kuenzler ~ weekends

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S H I N E (Serving Health Insurance Needs for Elders)

Joan Gong ~ 978-674-1172

First come, First served, Mondays — 8:30 to 10:30 am

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**Legal Services Assistance & Referrals**

For an appointment call: 978-458-1465

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Pollard Library ~ 978-674-8634**COA Library Annex ~ 978-970-4186**

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**Lowell Senior Center Hours of Operation:**Monday—Friday: Open **6:30** am to **4:00** pm

Lunch served at 11:30 am

Saturday—Sunday: Open **7:00** am until **12** noon

Breakfast and Lunch ONLY

**COUNCIL ON AGING****BOARD OF DIRECTORS***Joan Bedford**Joyce Dastou**Andrew Hostetler**Eric Lamarche**John R. Lawlor**Sidney Liang**Vincenzo Milinazzo**Suellen O'Neill**William Sheehan, Chair*

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Next meeting: Monday, Jan. 11**at 9:00am****FRIENDS of the
Lowell Council on Aging, INC.****BOARD OF DIRECTORS****PRESIDENT**

Rita M. Mercier

VICE PRESIDENT

Dr. Joseph M. Downes Jr.

TREASURER

Jacqueline Denison

SECRETARY

Claire Brodeur

DIRECTORS

Joseph Dussault

Lenny Gendron

Lorraine Mellen

Ray A. Roades

Arthur Toupin

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Office hours vary

Call 978-674-1172

**Next meeting Fri., Jan. 29th  
@ 9:30 am**

# LCOA Trips

The Motor Coach trips from Ayotte Garage are available for all ages 18-101! All Trips must be paid in full one month prior to travel date. LCOA policy: NO REFUNDS if you do not purchase insurance. **The office is now open from 8 a.m. to 4 p.m.** Trip flyers available outside of 2nd floor of office. Roger's Wednesday trips depart from the Ayotte Garage (no charge) unless noted otherwise. **Please remember all out of country trips require a PASSPORT.**

## DAY TRIPS

**February 18, 2016 ... Thursday... Newport Play House "The Foursome."** Price: \$52. Rick, Ted, Donnie and Cameron are home for their 15th college reunion. During the weekend, the men go out for a game of golf, and it's during this game that the four get caught up on each other lives since their college days. "The Laughter was immediate, uncontrollable and constant helpless"--- Guelph Daily Mercury (All day & overnight trips for 2016 tickets will be on sale starting Friday January 1, 2016) Roger's Bus Departing from the Lowell Senior Center @ 9:30am

**March 5, Saturday ... "Old Town Trolley Boston Chocolate Tour."** Price: \$119. What do toll-house cookies, hot fudge sundaes, and the first chocolate factory have in common? The Answer: They all started out in or near Boston. Join Old Town Trolley Tours for a flavorful afternoon as you sample chocolate creations from some of the finest culinary landmarks in Boston. It's a fully 3 hour narrated journey of decadent desserts, visits to the "Top of the Hub Restaurant", historic Omni Parker House Hotel and the Langham, Boston. Mel Tye's Top Tour & Travel, Departing from the Ayotte Garage. Pick up time will be Announced shortly.

**March 10, Thursday ... "The Young Ireland."** Price: \$70. The young Irishmen comprise eight sensational performers who have Irish traditional music, song & dance running through their veins. What a great way to get in the spirit of St. Patrick Day. This includes a lunch with your choice of Corned Beef & Cabbage or Bake Scrod which also includes Venus De Milo's famous minestrone soup, vegetables, bread, dessert, coffee and tea. Roger's Bus Departing from the Lowell Senior Center & Pick up time will be Announced shortly.

**March 18, Friday ... "Boston Flower Show."** Price: \$22.00 (includes admission). Join us for a spectacular day at the Boston flower Show. Well design landscapes rejuvenate by offering places to connect with nature and each other. Roger's Bus Departing from the Lowell Senior Center. Pick up time and price will be announced shortly.

**April 11, Monday... "Day Main Light House Trail."** Price: \$114. Our day begins with a visit to Stone Wall Kitchen for a sampling of their products. Next it on to the Nubble light, one of the most photographed light houses on the Maine Coast. For lunch we will feature a main lobster lunch. Then it is on to visit Portland Headlight and to see several lighthouses called Ram Island, Cape Elizabeth, Spring Point and many more. Mel Tye's Top Tour & Travel, Departing from the Ayotte Garage. Pick up time will be announced in next month Heritage.

**April 19, Tuesday ... "The Moulin Rouge."** Price: \$70. Welcome to PARIS, FRANCE!!! Have you ever wanted to experience the Moulin Rouge in Paris first hand? Here is your chance to see a great Parisian style show here in your own backyard. We proudly present to you to the critically acclaimed show "L'Opera Burlesque" and the best part is that its CLEAN entertainment (PG rating, no nudity)

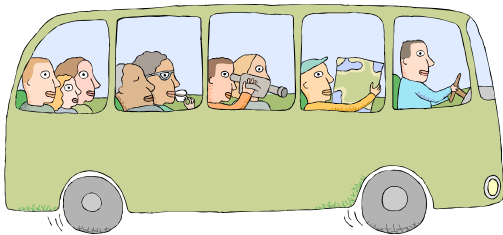
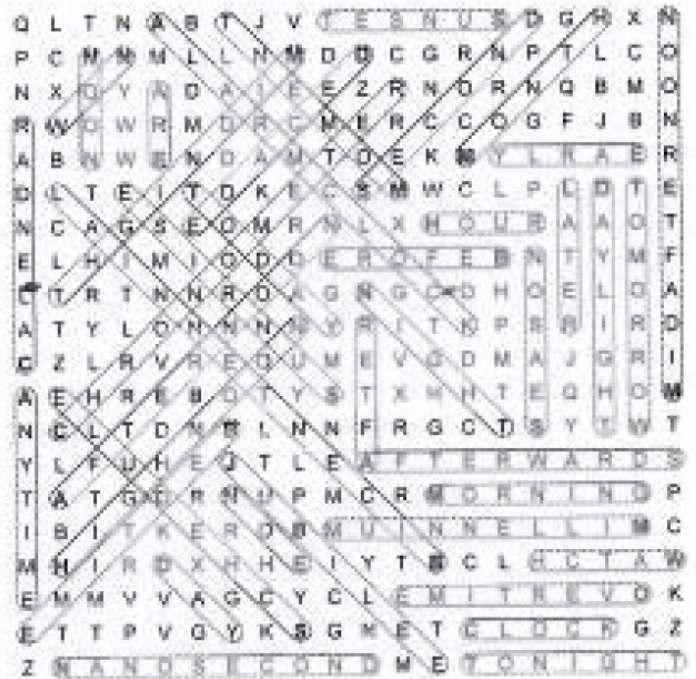
show. will be held at Lantana's in Randolph Massachusetts. Roger's Bus Departing from the Lowell Senior Center and time will be announced in next month Heritage.

### **OVERNIGHT TRIPS**

**March 28-30, Monday-Wednesday ... "Atlantic City Overnight Trip."** Price: TBA. Join us for an escape to Atlantic City. Includes round trip motor coach transportation, 2 night stay at The Tropicana Resort, a \$30 slot play, two \$25 food credit and tax and baggage service. Mel Tye's Top Tour & Travel, Departing from the Ayotte Garage. Pick up time will be Announced in next month January 2016 Heritage.



Helen Silva celebrates her birthday at an afternoon social.



### **Roger's \$5.00 Trips**

*Ages 60 to 101.*

Bus leaves @ 9:15 am from the Senior Center.

The bus is Handicapped Accessible.

SCHEDULE IS SUBJECT TO CHANGE.

### **January tickets on sale December 30th**

Tuesday ... 5th ... Pheasant Lane Mall

Thursday ... 14th ... Vanity Fair Outlets & The 99

Tuesday ... 19th ... Super Walmart, Salem NH

Thursday ... 28th ... Manchester Mall

### **February tickets on sale February 1st**

Thursday ... 4th ... Christmas Tree Shop, Salem NH

Tuesday ... 9th ... Super Walmart, Amherst NH

Tuesday ... 18th ... Rockingham Mall

Tuesday ... 23rd ... Pheasant Lane Mall

Limit (4) four tickets per person per trip! No employee or volunteer of the Senior Center is able to purchase tickets on behalf of a Senior Center member.

If you arrive prior to 8 am on date of ticket sales, please make sure to sign your name on the numbered list on Tara's door. Tara will arrive at 8 am and give you your number & the list will be removed from the door & numbers will be distributed upon your arrival.



## Holiday Open House Winners

Best Decorated: Assessor

Best Hosted:  
Senior Center/Veterans + Water  
(tied)



*Charlie Louder with Senior Center  
Director Michelle Ramalho as Mrs.  
Santa Claus*



*Senior Center Choral Group*



*Joe Vallante, Tara Donnelly, Santa  
Claus, Robert "Bob" McMahon,  
Michelle Ramalho, Eric Lamarche,  
& Linda Hin*



*Director, Michelle Ramalho as  
Mrs. Claus w/ Santa*



*Veteran Services Director  
Eric Lamarche*



*Joe Vallante serving popcorn!*



## Doctor's, Nurse's & MORE

Blood Pressure & weight check:

**Circle Home, Inc. (LVNA)**

2nd Tuesday ... 8:00—10:00 am

3rd Tuesday ... 10:00 am—12:30 pm

**Albert Gauthier RN**

Wednesdays ... 9:30—11:30 am

**Commonwealth Nursing**

1st & 4th Tuesdays ... 10:00 am—

12:00 pm

**Dr. Gregory McNamara—Killer**

**Feet**—1st Friday of every month ONLY IF 5 or more people sign-up before the 1st Friday of that month. 1st come 1st served. 8-10 am

**Dr. George Potamitis from Pro-**

**Rehab**—Question and Answer sessions every Wednesday from 10:00—11:00 am

**Affordable Hearing with Christo-**

**pher Streeter**—Hearing Testing, Hearing Instrument Testing. 4th Wednesday of each Month from 9—11 am in Board Room. Please call 978-674-1172 for appointment.

**Diabetic Shoes with Steven Carrucci**

2nd Tuesday of each month, please call 1-978-758-5378.



**Social Security Administration**  
Government Organization

## 2016 Medicare Part B Premium

You may have heard your Medicare Part B premium is going up. This is **not** true for everyone!

Those whose Part B premium was deducted from their Social Security check last year will continue to pay \$104.90 per month.\* Those newly enrolled in Part B this year will likely pay \$121.80 per month. People with limited income and assets may qualify for a program that will pay their premium. Those with incomes greater than \$85,000 per year (\$170,000 for a couple) have higher premiums and will pay between \$170.50 and \$389.80 per month for Part B.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you through free, confidential counseling on all aspects of health insurance. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636) then *press* or *say* "3". Once you get the SHINE answering machine, leave your name and telephone number and a volunteer will call you back as soon as possible.

\*There was **no** cost of living increase in Social Security benefits for 2016 and the law prevents benefit checks from being reduced

## Getting Fit & Staying Fit

with Marian Silk

Mondays and Thursdays:  
9:00 - 9:55 am

Wednesdays: 8:30 - 9:25 am

\$2.00 per class

*(I like to end 5 minutes early so we are out the door in one hour!)*



## YOGA

with Diana Kyricos

Wednesdays 10-11 am  
\$5.00 per class

Benefits? Helps with arthritis, flexibility, strength, mobility, range of motion, pain, high blood pressure, breathing, circulation, & stress!

Atma Yoga 978-250-0441

[www.atmamoves.com](http://www.atmamoves.com)

[Diana@atmamoves.com](mailto:Diana@atmamoves.com)



**Mah-Jong**

Mondays

12:00—3:00 pm



Do you want to make a difference in someone's life and/or in your life? Community Teamwork's Senior Corps Volunteer Programs can offer you this opportunity plus much more!

Being a part of our Senior Corps team means you can spend time with a peer, a young child, knitting blankets for new babies or leading a Bone Builders class. We can pair you with a local non-profit such as a food bank or an adult day program. The opportunities are vast!

**The benefits to being a Senior Corps Volunteer include:**

A tax-free stipend (income qualification)

Travel reimbursement

Recognition Events

Enhanced well-being

Here is what some of our volunteers have said about their participation:

*"The monthly stipend has been a great thing. It has helped me pay for doctor co-pays, food and utilities making it easier for me to make ends meet."*

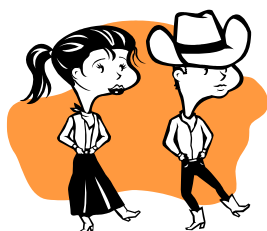
*"I feel appreciated and I know I am making a difference!"*

Please call our office to learn more: 978-654-5673

We can't wait to get you started!

**Country Line Dancing**

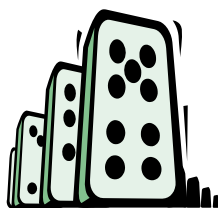
with Marcella Groulx

Tuesdays  
10:00 am—  
12:00 pm

\$5.00

**Dominoes**

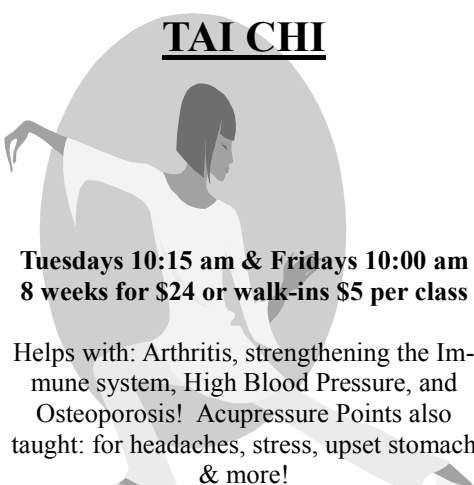
If you are interested, please see  
Charlotte Landry

Tuesdays  
9:00—11:00 am**Hawaiian Hula Dance Lessons**

with Kim Stevens

Mondays  
10:00 amGood for joints  
And FUN!**Quilting Lessons**

Newcomers' welcome!

Wednesdays  
12:30—3:00 pm**TAI CHI**Tuesdays 10:15 am & Fridays 10:00 am  
8 weeks for \$24 or walk-ins \$5 per class

Helps with: Arthritis, strengthening the Immune system, High Blood Pressure, and Osteoporosis! Acupressure Points also taught: for headaches, stress, upset stomach & more!

**Knitting & Crochet Group**Tuesdays  
12:00—3:00 pm

Newcomers' welcome!





## YOGA and MEDITATION 2016

**Begins January 6, 2016**

### Senior Slow Meditative Yoga

The class is designed to incorporate meditation into our yoga practice. Practice can be performed with or without chairs. You do NOT have to get onto the floor to practice yoga and meditation.

As we age and become less active and often sit for extended periods of time, muscles shorten, tighten and weaken. Lack of weight-bearing activity leads to osteoporosis. Lack of movement and stretching leads to joint deterioration, loss of flexibility and balance. Those suffering from arthritis and other stiff-joint conditions can also benefit from yoga.

Through yoga's gentle physical postures, muscles are stretched and strengthened and joints are lubricated, slowing down the aging process. Additional benefits of yoga include but are not limited to improvement in flexibility, range of motion, strength, posture, balance, breathing, and is also proven to lower blood pressure.

Meditation is a journey from activity into silence. Meditation relieves stress and tension, improves health, brings happiness into our lives, gives us greater focus, better relationships, and expands creativity.

**Enjoy the benefits of yoga and meditation on Wednesday mornings at 10 - 11. Price is \$5 per class.**

## Card Making Class

First come, first served basis.  
RSVP to reserve your spot.  
See Tara.

Wednesday, January 20  
9:30 am



## YOGA for VETs

with Diana Kyricos  
Wednesday's

11:00 am—12:00 pm \$5.00

It is a chair yoga class in which we cover meditation and movements for posture, flexibility, coordination, and strengthening of the whole body.



## Veteran's Breakfast 12/11/15



## B - I - N - G - O

Every Wednesday

12:00—3:00 pm

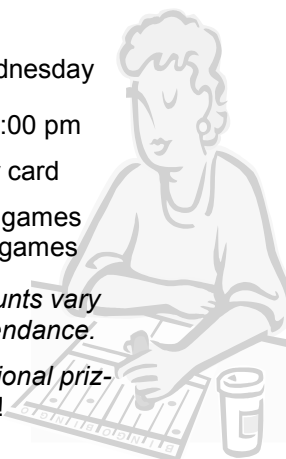
50¢ per card

6 \$100 games

10 \$40 games

Prize amounts vary  
due to attendance.

PLUS additional prizes!





## **I think I can, I think I can...Quit Smoking for Good**

If you are a smoker, you have no doubt been urged countless times by your doctor, spouse, neighbor or even strangers, to kick the habit – with good reason. Smoking is a dangerous addiction that harms nearly every organ in the body and is a main cause of lung cancer and chronic obstructive pulmonary disease (COPD). It can also lead to heart disease and stroke as well as other cancers and diseases.

Every year close to half a million people in the United States will die from tobacco use and exposure to second hand smoke. Yet quitting is easier said than done – for many people it takes several attempts before they are able to quit for good.

Even though November is both Lung Cancer and COPD Awareness Month – the perfect time to take stock of your health and resolve to start taking small steps toward your path to being smoke-free might be your New Year's Resolution. The first step is realizing that quitting smoking is a process — small changes can have a big impact over time. Below are some small steps to help you take control over cigarettes and learn to quit for good.

- Keep track of your daily smoke breaks: Start by eliminating one smoke break during the day. After a few days, eliminate another one.
- Start a Craving Journal: Keep a log of when you are craving a cigarette. Figure out the cause of your cravings and what you can do to disrupt them. Are they after a meal or a result of late night boredom?
- Develop a morning routine: Try some brief meditation or yoga in the morning. Establishing a new activity can help delay that first morning cigarette.
- Invest in gum or some sugar free candies: Keeping your mouth busy during your regular craving time. Chewing gum or sucking on a hard candy can help ward off that initial craving.
- Squeaky Clean: Brush your teeth when you feel a craving coming on. Clean teeth can help ward off that desire to smoke and there is a bonus – a whiter, healthier smile!
- Reward yourself: Think about all the money you will be saving when you quit smoking. Start planning that shopping spree or imagine the new pair of shoes you can buy once you quit.
- Talk Shop: Talk to others who have successfully quit before. Find out how they started their journey and how they can help you.

The payoff is worth it. Within hours of stopping smoking your body experiences health benefits –within hours, not months! Food starts to taste better, and the level of carbon monoxide in your blood declines, improving the blood's ability to carry oxygen. The health benefits you experience only get better the longer you refrain from smoking.

Above all, establish a support system. Lean on your friends and family to help you through. Online communities can also offer support any time of day. And, don't forget to talk to your doctor about your plan to quit smoking, he/she can help with additional pointers or nicotine replacement therapy to help aid your recovery.

You can utilize QuitWorks, a free, evidence-based stop smoking service developed by the Massachusetts Department of Public Health in collaboration with all major health plans in Massachusetts. You can contact QuitWorks yourself at [makesmokinghistory.org](http://makesmokinghistory.org) or 1-800-QUIT-NOW or ask your clinician for a referral to the program.

The most important thing to remember: Be Positive! Quitting is a marathon, not a sprint. Don't get down on yourself and give up after your first try. You need to be patient and allow yourself to make mistakes. If you stick with it, before you know it, you can be breathing easier.

*Posted on November 19, 2015 by Harvard Vanguard*

## **Anxiety Support Group**

with Steve Coupe

Fridays

2:00—3:45 pm



Monday, January 11  
Monday, February 22  
Monday March 21

10:00 am—12:00 pm

Representatives from the Fallon's Health will be available to answer any questions that you may have regarding their plans. Whether you are a current member or someone needing coverage- stop by and learn more!



| MONDAY                                                                                                                                                                                                                                                                   | TUESDAY                                                                                                                                                                                                                              | WEDNESDAY                                                                                                                                                                                                                                                                       | THURSDAY                                                                                                                                                                                                            | FRIDAY                                                                                                                                                                                                                                                                                  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2                                                                                                                                                                                                                                                                        | 0                                                                                                                                                                                                                                    | 1                                                                                                                                                                                                                                                                               | 6                                                                                                                                                                                                                   | Happy<br>New<br>Year !                                                                                                                                                                                                                                                                  |
| 4.<br>7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE councilor<br>8:30 CTI Bone Builders A<br>9:00 Getting Fit<br>10:00 Hula Dancing<br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards<br>12-4 MAH-JONG<br>1:00 Choral Group Rehearsal<br>1:45 CTI Bone Builders B | 5.<br>7-9 Breakfast Program 50¢<br>10-12 LPD drop-in<br>10:15-11 Tai Chi<br>10-12 Commonwealth Nursing<br>10-12 Country Line Dancing<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>12-3:45 Cribbage<br>12-3 Knitting & Crochet | 6.<br>7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9-12 Tufts Health Plan Informational Table<br>9:30-11:30 Blood Pressure<br>10-11 Yoga for Seniors<br>11:15-12 Yoga for Vets<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo<br>1:30-3:30 Quilting | 7.<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit<br>10:00 AA Info meeting<br><b>10:00-Ping Pong-2nd floor classroom</b><br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45 CTI Bone Builders B | 8.<br>7-9 Breakfast Program 50¢<br>9:00 Veterans Breakfast<br>9:30 Personal Computer/ Tablet Assistance<br>10:00 Tai Chi<br>11:30-3:45 Poker<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>12:00 Heaven Sent<br>Homecare<br>1-3 Senior Social \$1<br>2-3:45 Anxiety Support Group |
| 11.<br>7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE councilor<br>8:30 CTI Bone Builders A<br>9:00 Getting Fit<br>9:00 COA Board Meeting<br>10-12 Fallon Health information<br>10:00 Hula Dancing<br>11:30 Lunch (see menu) \$2                                          | 12.<br>7-9 Breakfast Program 50¢<br>8-10 Circle Health Blood Pressure<br>8:00 CTI meeting<br>NO Country Line Dancing<br>10-12 LPD drop-in<br>10:15-11 Tai Chi<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games                       | 13.<br>7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9:30 Card-making Class<br>9:30-11:30 Blood Pressure<br>10-11 Yoga for Seniors<br>11:15-12 Yoga for Vets<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo                                          | 14.<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit<br>10:00 AA Info meeting<br><b>10:00-Ping Pong-upstairs classroom</b><br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45 CTI Bone Builders B | 15.<br>7-9 Breakfast Program 50¢<br>9:00 Friends Meeting<br>9:30 Personal Computer/ Tablet Assistance<br>10:00 Tai Chi<br>10-3 Dinner Dance \$7.00<br>Chinese Food. DJ David Garnick<br>11:30-3:45 Poker                                                                                |

1.  
Closed

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| 12-3:45 Bid Whist Cards<br>12-4 MAH-JONG<br>1:00 Choral Group Rehearsal<br>1:45 CTI Bone Builders B                                                                                                                                                                                                      | 12-3:45 Cribbage<br>12-3 Knitting & Crochet                                                                                                                                                                                                                     | 1:30-3:30 Quilting                                                                                                                                                                                                                                            | 11:45 Wii Games<br>2-3:45 Anxiety Support Group                                                                                                                                                                                                         |
| 18.<br>CLOSED<br><br><b>In observance<br/>of<br/>Martin Luther<br/>King, Jr</b>                                                                                                                                                                                                                          | 19.<br>7-9 Breakfast Program 50¢<br>10-12 LPD drop-in<br>10-12:30 Circle Health Blood Pressure<br>10-12 Country Line Dancing<br>10:15-11 Tai Chi<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>12-3:45 Cribbage<br>12-3 Knitting & Crochet                | 20.<br>7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure<br>10-11 Yoga for Seniors<br>11:15-12 Yoga for Vets<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo<br>1:30-3:30 Quilting                            | 21.<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit<br>10:00 AA Info meeting<br><b>10:00 am-Ping Pong-2nd floor classroom</b><br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45 CTI Bone Builders B                                 |
| 25.<br>7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE councilor<br>8:30 CTI Bone Builders A<br>9:00 Getting Fit<br>9-3 Dana Farber Blood Drive<br>10:00 Hula Dancing<br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards<br>12-4 MAH-JONG<br>1:00 Choral Group Rehearsal<br>1:45 CTI Bone Builders B | 26.<br>7-9 Breakfast Program 50¢<br>10-12 LPD drop-in<br>10-12 Commonwealth Nursing<br>10-12 Country Line Dancing<br>10:15-11 Tai Chi<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>12-3:45 Cribbage<br>12-3 Brown Bag Pick Up<br>12-3 Knitting & Crochet | 27.<br>7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9:00 Affordable Hearing<br>9:30-11:30 Blood Pressure<br>10-11 Yoga for Seniors<br>11:15-12 Yoga for Vets<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo<br>1:30-3:30 Quilting | 28.<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit<br>10:00 AA Info meeting<br><b>10:00-Ping Pong upstairs classroom</b><br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45 CTI Bone Builders B                                     |
|                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                               | 22.<br>7-9 Breakfast Program 50¢<br>9:30 Personal Computer/<br>Tablet Assistance<br>10:00 Tai Chi<br>11:30 Lunch (see menu) \$2<br>11:30-3:45 Poker<br>11:45 Wii Games<br>1-3 Senior Social \$1<br>2-3:45 Anxiety Support Group                         |
|                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                               | 29.<br>7-9 Breakfast Program 50¢<br>9:30 Friends Meeting<br>9:30 Personal Computer/<br>Tablet Assistance<br>10:00 Tai Chi<br>11:30 Lunch (see menu) \$2<br>11:30-3:45 Poker<br>11:45 Wii Games<br>1-3 Senior Social \$1<br>2-3:45 Anxiety Support Group |

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# Lunch Menu



**Lunch is served at 11:30 am. A donation of \$2.00. Menu subject to change.**

Lunch Tickets are available daily until 10:30 am. Seniors that arrive later must pay cash and will follow ticket holders.

Funding for our meal program is made possible by: EOEA, Merrimack Valley Nutrition, & City of Lowell.

PLEASE SWIPE YOUR CARD & SIGN UP FOR LUNCH! See Tara if you need a card.

| Sunday                                                                        | Monday                                                                    | Tuesday                                                                          | Wednesday                                                                             | Thursday                                                                  | Friday                                                                                      | Saturday                                                            |
|-------------------------------------------------------------------------------|---------------------------------------------------------------------------|----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------|
|                                                                               |                                                                           |                                                                                  |                                                                                       |                                                                           | 1. CLOSED<br>Happy New Year's                                                               | 2. Hamburger w/<br>onion, potatoes, corn,<br>wheat bread, apricots  |
| 3. Roast Beef,<br>mashed potatoes,<br>green beans, wheat<br>bread, oranges    | 4. BBQ Beef Ribs,<br>potatoes, corn<br>wheat rolls, peaches               | 5. Stuffed Peppers,<br>corn, wheat<br>bread, pineapples                          | 6. Roast Pork, potatoes,<br>peas, wheat<br>bread, pears                               | 7. Hot Dogs &<br>Beans, coleslaw,<br>mixed fruit, hot dog<br>rolls, pears | 8. Crunchy Lite<br>Fish, French fries,<br>winter blend veggies,<br>wheat rolls,<br>apricots | 9. Pork Pie, rice,<br>carrots, wheat bread,<br>pineapples           |
| 10. Roast Turkey, peas, potatoes,<br>stuffing, wheat rolls, juice,<br>pudding | 11. Swedish Meatballs,<br>pasta, green beans, peaches                     | 12. Pork chops,<br>creole sauce, potatoes, green<br>beans, wheat rolls, apricots | 13. Chicken Legs,<br>scalloped potatoes,<br>mixed veggies, wheat bread,<br>pineapples | 14. Stuffed Cabage, corn, wheat<br>rolls, juice, pudding                  | 15.<br><br>DINNER DANCE<br><br>Chinese Food                                                 | 16. Chicken Fritters,<br>rice, carrots, wheat<br>rolls, juice, cake |
| 17. Baked Ham,<br>sweet potatoes, peas, wheat<br>bread, pineapple             | 18. CLOSED<br><br>MARTIN LUTHER KING DAY                                  | 19. Mac & Cheese,<br>broccoli, stewed tomatoes, wheat<br>rolls, peaches          | 20. Meatloaf, gravy,<br>mashed potatoes, carrots, wheat<br>bread, juice, pudding      | 21. Chicken Ala King, rice, biscuits,<br>oranges                          | 22. Fish Cakes,<br>potatoes, waxed beans, wheat<br>bread, pears                             | 23. Stuffed Shells,<br>corn, wheat bread,<br>apple                  |
| 24. Stuffed Chicken, rice,<br>green beans, wheat roll, fresh<br>fruit         | 25. Salisbury Steak, potatoes,<br>mixed veggies, wheat bread,<br>apricots | 26. Cheese Ravioli, waxed beans,<br>wheat bread, pineapples                      | 27. American Chop Suey, beets, garlic<br>sticks, juice, pudding                       | 28. Chicken cacciatore, rice, green<br>beans, wheat bread, pears          | 29. Pollock, baked potatoes,<br>carrots, wheat bread, juice,<br>cookie                      | 30. Sweet & Sour meatballs, rice,<br>peas, wheat rolls, fresh fruit |
| 31. Chicken Fajita strips, rice,<br>carrots, wheat bread, pudding,<br>juice   |                                                                           |                                                                                  |                                                                                       |                                                                           |                                                                                             |                                                                     |

## Free Transportation to Center

Seven days a week pick-up and drop off (Except Holidays) to the Senior Center to do errands in the area and have lunch. You MUST call before 9:00 a.m. the day of your ride. Departure is after lunch (appr. 12:30 pm-1:30 pm); except Saturday and Sundays which is at 12:15 pm.

## Grocery Trips to Market Basket

Tuesdays and Fridays (2-bag limit). Call 978-674-1172 within 48 hours before your requested day. Call Monday through Friday from 9:00 am to 3:00 pm to schedule your ride. Seniors are eligible if you do not have a vehicle and are 60 or older.

## **Caring for the Caregiver**

According to the National Alliance for Caregiving and the AARP Public Policy Institute, the “typical” caregiver is a 49-year-old female who spends nearly 25 hours a week helping a loved one. But the truth is that caregivers come in all different shapes and sizes. Many don’t even recognize themselves as caregivers or realize that the little errands and tasks they provide for a loved one qualify them as a caregiver.

Regardless of whether a person self-identifies as a caregiver, caring for a sick or elderly loved one is no small task. Managing medications, doctors’ appointments, meals, transportation, housework – all on top of their regular household or family responsibilities – can lead many to suffer from caregiver burnout.

Although November is officially recognized as Family Caregiver Awareness Month, it is important throughout the year to remind caregivers about how much they mean to their families and how important it is for them to take care of themselves as well as they take care of their loved ones. Just as a flight attendant will instruct you before takeoff, “Put on your oxygen mask first before assisting others,” the same principle applies for caregiving. In order to be an effective caregiver, you can’t neglect to care for yourself.

Below are some tips to help caregivers stay healthy and happy. Know the signs of caregiver burnout. Suffering from less energy or a decreased immune system; being exhausted no matter how much sleep you get; feeling unable to relax; being impatient with your loved ones; or having feelings of hopelessness and helplessness can all be signs of caregiver burnout. It’s important to take note of both your physical and mental state. Ask for help. The constant work, fear and worry associated with being a caregiver can become overwhelming, but it’s the isolation that leads to stress. More than 75% of caregivers report that isolation – not the added responsibilities of a loved one—is the number one cause of stress. Reach out and ask for help, there are many resources across the Commonwealth and beyond to help you.

Take time to recharge. It’s easy for caregivers to feel as though they have no time for themselves, shuffling between caring for their loved ones and their work/household/young children. But it is important to remember to carve some time out for yourself. Whether it is taking the time to go for a walk, read a book, meditate or exercise, caregivers need to make time for their own wellbeing.

Remember to care for yourself. When you’re making all those appointments for someone else, don’t forget to schedule your own checkups, flu shots or other appointments. You can’t be an effective caregiver if you don’t stay healthy. Don’t forget that those who depend on you need you look out for yourself as much as you look out for them.

Caregiving is a rewarding experience and caregivers should be proud of the help they provide. But at the same time it can be a challenging experience. If you think you could be suffering from caregiver burnout, talk to your doctor about getting help or visit <https://www.caregiver.org/> for advice, resources and information.

*Posted on November 24, 2015 by Harvard Vanguard*



Wednesday, January 6  
9:00 am—12:00 pm

Are you a current member looking to check on your benefits? OR are you looking for new plan choices?

Ask Gerald!

The HMO plan is a Five STAR PLAN with Medicare (one of only 12 in the Country). Enrollment will be open throughout the year.

## **Personal Computer/ Tablet Assistance**

with Pierre & Don

Fridays 9:30—11:30 am

Virus Clean-up on the last Friday of the Month by appointment



## **CTI Bone Builders Class**

Learn how to strengthen your muscles, maintain or increase bone density, improve your balance, build confidence, prevent falls, nutrition & lifestyle changes, & make new friends!

See Calendar for dates & times

Call 978-674-1172 to register

**\*Doctor's approval REQUIRED\***

# PUZZLES & MORE...

## A Few Puns

A rubber-band pistol was confiscated from an algebra class, because it was a weapon of math disruption.

A dog gave birth to puppies near the road and was cited for littering.

### Time

Find the words in this grid. Words can go horizontal, vertical and diagonal.

Q L T N A B T J V T E S N U S D G H X N  
P C N N M L L N M D D C G R N P T L C O  
N X O Y A D A I E E Z R N O R N Q B M O  
R W O W R M D R C M E R C C O G F J B N  
A B N W E N D A M T O E K M Y L R A E R  
D L T E I T D K E C S M W C L P L D T E  
N C A G S E O M R N L X H O U R A A O T  
E L H I M I O D O E R O F E B N T Y M F  
L T R T N N R O A G N G C D H O E L O A  
A T Y L O N N N N Y R I T K P S R I R D  
C Z L R V R E O U M E V G D M A J G R I  
A E H R E B O T Y S T X H H T E Q H O M  
N C L T D N B L N N F R G C T S Y T W T  
Y L F U H E J T L E A F T E R W A R D S  
T A T G D R N U P M C R M O R N I N G P  
I B I T K E R O B M U I N N E L L I M C  
M H I R D X H H E I Y T B C L H C T A W  
E M M V V A G C Y C L E M I T R E V O K  
E T T P V G Y K S G N E T C L O C K G Z  
Z N A N O S E C O N D M E T O N I G H T

Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Not surprisingly it sank, proving once again that you can't have your kayak and heat it too.

A vulture carrying two dead raccoons boards an airplane. The stewardess looks at him and says, 'I'm sorry sir, only one carrion allowed per passenger.'

Two hats were hanging on a hat rack in the hallway. One hat said to the other: 'You stay here; I'll go on a head.'

Two silk worms had a race, they ended up in a tie.

No matter how much you push the envelope, it'll still be stationery.

A grenade thrown into a kitchen in France would result in Linoleum Blownapart.

A hole has been found in the nudist-camp wall. The police are looking into it.

I wondered why the baseball kept getting bigger, then it hit me

A sign on the lawn at a drug rehab center said: 'Keep off the Grass.'

The midget fortune-teller who escaped from prison was a small medium at large.

The soldier who survived mustard gas and pepper spray is now a seasoned veteran.

Atheism is a non-prophet organization.

|              |              |            |          |
|--------------|--------------|------------|----------|
| AFTER        | DAY          | MIDNIGHT   | SEASON   |
| AFTERNOON    | DAYLIGHT     | MILLENNIUM | SECOND   |
| AFTERWARDS   | DECADE       | MOMENT     | SUNRISE  |
| ALARM CLOCK  | EARLY        | MONTH      | SUNSET   |
| ANYTIME      | EON          | MORNING    | TODAY    |
| BEDTIME      | ERA          | NANOSECOND | TOMORROW |
| BEFORE       | HIGH NOON    | NIGHT      | TONIGHT  |
| BICENTENNIAL | HOOR         | NOON       | WATCH    |
| CALENDAR     | JUBILEE      | NOW        |          |
| CHRONOMETER  | LATER        | OVERTIME   |          |
| CLOCK        | MIDAFTERNOON | SCHEDULE   |          |





Sissy Paradis made this hand quilted American flag for Zenin Morissette for Christmas.

## **Supportive Services for Veteran Families (SSVF) Home.**

The goal of the SSVF Program is to promote housing stability among very low-income Veteran Families who reside in or are transitioning to permanent housing.

To become a participant under the SSVF Program, the following conditions must be met:

1. A member of a "Veteran family" in which the head of the household, or the spouse of the head of household, is a Veteran
2. Very low-income: household income does not exceed 50% of area median income.
3. Must be VA eligible.

### **Services Provided:**

- Outreach
- Case Management
- Assistance in Obtaining VA Benefits
- Assistance in Obtaining and Coordinating Other Public Benefits Available in the Grantee's Area or Community
- Housing and Financial Stability Plans
- Assistance with Housing Search
- Temporary Financial Assistance (Time-limited payment for rent, security deposits, and transportation)

These services are available in the greater Boston area including Suffolk, Norfolk, Middlesex, Essex, and Bristol Counties.

For more information contact Marta Budu-Arthur at 617-371-1706 or [marta.buduarthur@nechv.org](mailto:marta.buduarthur@nechv.org).

## **SCAM**

A scam that is particularly targeted to the holiday season. (It has been recorded since 2008.)

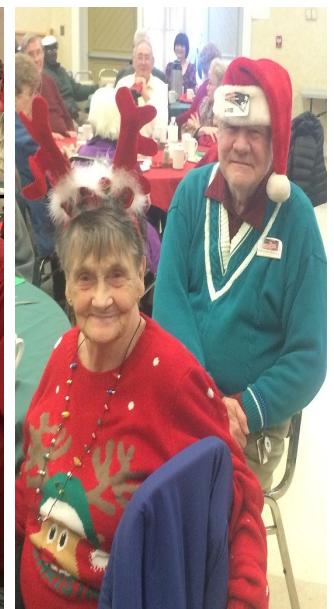
You will receive an e-mail from UPS, Fed Ex, or USPS along with a packet number. It will say that they were unable to deliver a package sent to you on such-and-such a date and then asks you to print out the invoice copy attached.

**DON'T PRINT THIS...IT LAUNCHES THE VIRUS!**

Feel free to pass this advisory along...but it is likely too late for much of the present holiday season.

FYI -- The UPS advisory reads as follows: Please be advised that UPS does not request payments, personal information, financial information, account numbers, IDs, passwords, or copies of invoices in an unsolicited manner through email, mail, phone, or fax or specifically in exchange for the transportation of goods or services. UPS accepts no responsibility for any costs or charges incurred as a result of fraudulent activity.

## **Christmas Dinner Dance**



## **Why Space Heaters Need Their Space**

To prevent fires, follow the three-foot rule when setting up your space heater

About 25,000 house fires and 300 deaths are attributed to space heaters each year, mostly caused when a heater is placed too close to curtains, bedding, or upholstered furniture. In addition, 6,000 people end up in the emergency room with burns from touching a heater's hot surface. Here are the safety features to look for when buying a space heater and how to safely use one when you get it home.

**Safety Features:** Safety is an important aspect of our space heater tests. A heater that rates poorly on our fire safety test can cause cotton to ignite when operated on its hottest setting. Models that rate poorly on our hot surface test can get hot enough on the highest setting to cause burns. Heaters with a score of very good or excellent stay cool enough to safely touch. Here are safety features to look for:

**Certification.** Make sure the heater you buy carries a safety certification label from an independent testing organization, such as the UL mark from Underwriters Laboratories, the ETL label from Intertek, or certification from CSA International.

**Shut-off features.** A smart sensor that shuts off a heater when it overheats is a must. You'll also want a tip-over switch that does the same if the heater is knocked over.

**Ground fault circuit interrupter plug.** Most space heaters do not come equipped with a GFCI plug, which prevents electric shock, so manufacturers warn that they not be used around water.

**Sturdy cord.** Most space heaters come with a cord that's 6-feet long. Never use an extension cord with an electric heater.

**Safe Operation:** Half of all home heating fires happen during the months of December, January, and February. Our experts, as well as the pros at the Association of Home Appliance Manufacturers and the National Fire Protection Association, offer the following safety tips:

Place the heater on a hard, level, and nonflammable surface. They are intended to sit on the floor and not a table.

Establish a three-foot kid- and pet-free zone around the heater and never put a space heater in a child's room. Keep the space heater at least three feet away from such combustible materials as furniture, bedding, and curtains.

Don't use a heater in a workshop or garage near paint, gas cans, or matches.

Turn it off when you leave the room or go to bed.

Unplug the heater when not in use by pulling the plug straight from the outlet. Check the cord for damage periodically and don't use it if it's frayed or worn.

Don't plug another electrical device or an extension cord into the same outlet as the heater, which can cause overheating.

Install working smoke alarms on every level of your home and test them monthly.

**Looking for a Space Heater?:** When choosing a space heater, think about what type of heat you're seeking. If you just want to bathe yourself with heat, get a space heater that did well in our tests for spot heating.



## **Volunteer Christmas Party**

**Volunteer**  
**Lannan,**  
**(Tiny),**  
**ter Doris**



**Carol**  
**Santa**  
**Volun-**  
**Santos.**



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~ The official publication of the Lowell Senior Center ~

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FUNDING FOR OUR NEWSLETTER IS PROVIDED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS, THE CITY OF LOWELL,  
THE FRIENDS OF LOWELL COUNCIL ON AGING INC & OUR GENEROUS ADVERTISERS.

